

(TMI Focus, Vol. XII, No. 4, Fall 1990)

WHAT'S HAPPENING IN THE LAB?

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The spontaneity of private lab sessions makes each one a totally unique experience. A recent interaction between a client and monitor while the client was in the booth led to the development of an interesting and effective technique for dealing with any kind of distress or pain. The technique so delighted everyone involved that I decided to share it more widely. You might find it beneficial and fun.

During a meditation, or a session with a tape such as *Free Flow 12*, allow yourself to focus on the area of the body or the particular situation that is giving you distress or pain. Give that pain or distress a shape and a color. Allow the shape and color to become very vivid. Then choose another color, and radiate it onto the shape. You may decide to play with several different colors until the color in the shape "feels good." For instance, if the first color that appears is brown, try radiating green, rose, yellow, or white.

When the color "feels odd," allow the shape and color to have a voice. And then ask, "What message do you have for me?" Enter into a dialogue with the shape and color until you have an understanding of the issues involved. When you are ready to let go of the shape and color (distress or pain), express your gratitude by allowing feelings of thankfulness to radiate out in all directions. Then focus your attention on that which returns to you. When the process feels complete, allow yourself to return to normal, waking consciousness.

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